

Cut on lines to make strips.

Calm Nerves

Want to Keep Going

Lying, Rationalization

Preoccupation, Guilt

Dishonesty

Problems Begin

Non-Users Avoided

Loss of Will Power

Repeated Lengthy Highs

Loss of Family/Work

All Alibis Exhausted

Calls for Help

I Have a Disease

Accepts Help

I Believe I Can

Honesty

Others Notice + Change

High Self Esteem

Emotional Stability

Contentment + Work

Helping Others to
Recover
